

MAY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3 Bermuda End-to-End - 7 a.m.	4
5	6 WORLD ASTHMA DAY	7 WELLNESS WEDNESDAY Webinar - Livewell Program & Wellness Benefits - 12 Noon	8	9 RELAY FOR LIFE - - Sports Centre (NSC)	10 RELAY FOR LIFE - NSC	11 Mothers' Day Waterfront Wellness 5K Run/Walk - 8:30 a.m.
12	13	14 WELLNESS WEDNESDAY Webinar- Protecting the Skin You are In - 12 Noon	15	16	17	18
19	20	21	22	23 Bermuda Day (Holiday) Bermuda Half Marathon Derby - 8:30 a.m.	24	25
26	27	28	29	30	31 WORLD NO TOBACCO DAY	
		NOTES: Melanoma & Skin Cancer Awareness Month; Mental Health Awareness Month; Sun Smart Month				